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PRE-OPERATIVE INSTRUCTIONS FOR RADICAL CYSTECTOMY

DATE OF SURGERY: _____ Hospital: _____

Time: _____ Time of Arrival: _____

Instructions for the *Day Before* surgery:

DIET

Drink *clear liquids* all day. *Clear liquids* include broth, bouillon, coffee or tea without cream or milk, *Jell-O*, popsicles, fruit juices, water, sports drinks, (such as *Gatorade*) and clear carbonated beverages --- anything you can see through.

It is important that you remain well hydrated. Drink plenty of clear liquids all day and night, but take nothing by mouth (including) water after midnight. Morning medications (heart or blood pressure) can safely be taken with a sip of water.

You need calories. Beef or chicken broth and gelatin provide an excellent source of calories during your bowel preparation.

DO NOT drink dairy products or citrus fruit juices.

2 pm Day Before surgery

Take 4 Over the Counter Dulcolax 5mg tablets.

3pm Day Before Surgery

Drink 1 bottle of Miralax (238 grams) mixed in 64 ounces of Gatorade. Drink 8 ounces every 30 minutes until gone.

Drink one, 8 ounce glass of water every hour until midnight. You are encouraged to drink plenty of additional clear liquids until midnight.

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5pm Day Before surgery

Take 1 gm of Neomycin and 750 mg Flagyl by mouth.

Take your usual evening medications at 6 pm.

11pm Day Before surgery

Take 1 gm of Neomycin and 750 mg of Flagyl by mouth

Take no aspirin, aspirin products, and vitamin E for 10 days prior to surgery

If you are taking Coumadin or any other blood thinners, please discuss this with your surgeon.

**PLEASE CALL OUR OFFICE IF YOU HAVE ANY QUESTIONS:
816-842-0171 or 816-781-8400**